

Treatment Times

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What's New

By Pat



Well here at the farmhouse we have had many a new things happen. We have finally moved into the new school house. We used to have school in the garage. But we moved to the very spacious new school house that has an incredible view of almost all of Ironwood. We also welcomed a few new staff members: Joe L and Caitlin. We welcomed some new kids to the farmhouse as well, including Alycia, Lucas, Brian, Matt, Jeremy, Ben, Nick, Justin and Marissa. We said good bye to Mac the horse, and welcomed Caz. We have been on a few field trips including going to Acadia National Park.

Graduates

By Graciela

Thank you to all graduates. You all worked so hard.
"Congratulations and good luck."

Tom, Anderson, Chris and Rachel all graduated in September.

Mike and Nick graduated in October.



Birthdays

By Mollie

- Nick celebrated his birthday in September, 2008
- Mollie celebrated her birthday in October, 2008
- Kevin celebrated his birthday in October, 2008

They all celebrated their birthdays with a cake at the farmhouse.
HAPPY BIRTHDAY Y'ALL.



Jeremy's Journey to the Farm

By Jeremy

Unlike most people, before I got to Ironwood, I was at a wilderness program. So instead of getting transported to Ironwood, my parents brought me.

When I was first on impact, I got pretty annoyed because I knew exactly why my parents had sent me to Ironwood. Having to sit in a circle for three days was annoying as well.

For my first forty-nine days here, I did very well and was flying through the program. I was learning all of these new tools. Then Parent Weekend came, and I got to see my brothers and parents. It was very cool.

The Sunday of Parent Weekend is when I started to get into trouble. I got put on work impact for two days because I was listening to inappropriate music during Parent Weekend. Five days later, I got put on impact for drawing an inappropriate figure. Two weeks after that I got put on impact again. Then I lost my color for having bad integrity and singing an inappropriate song. After all of that I realized that I need to make a change and start working on impulsive decisions.

After being consistent for a while, I got my papers and started to write my speech. A week later I was told to pack my things so that I could walk up the graduation trail. As I said goodbye to everyone, I started to walk up towards the farmhouse. It was a long four month journey to get up here, but everyday was worth it as I continue to get through hard times and start making good, healthy decisions.



Nick's Journey to the Farm

By Nick

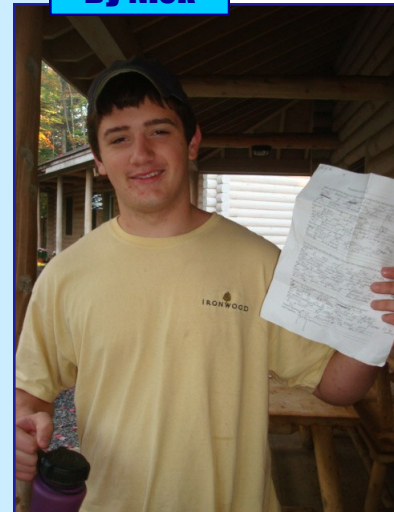
It has been a long road for me. I got here June 1st, 2008. I got my papers on October 8th, 2008.

Lisa and Dylan brought me outside on a Wednesday and they had orange shirts with them. I thought maybe they were for me. They then asked me if I had done anything that might get me in trouble. I said no, because I really hadn't done anything wrong. They then handed me my papers.

I didn't know when I was going to present, so I got my speech done that night, just to be ready. It helped me out because I presented that Thursday. I was stressed out though because I had to finish one life skill. I got it done Thursday afternoon.

On Friday morning Lisa asked who wanted to fold sheets. I told her that I did. Then she said "Now I'll radio up to the farm and see if they want you now." Shortly after that, and after saying goodbye, I got to go up the graduation trail. I ran a little bit because I thought I would see a bear and get attacked. After a while, though, I got tired and walked the rest of the way.

When I got up there, everyone was yelling my name. When I was walking through the horse field, Pat ran down and got my bag from me. Then I got my green shirt. They said Pat was my mentor and he's kept me on the right track.



Ben's Journey to the Farm

By Ben

When I got here, I never even thought about the farmhouse. It seemed like it was not a real place. I thought I would be stuck at Frye forever.

Parent Weekend was coming up, and I was still a yellow. I didn't mind too much, though, because I was so excited to see my parents. I remember waiting with Lisa and all of the other yellows out in front of the Frye lodge. Our parents were due any minute. Lisa suddenly told us to grab the summer screen doors and bring them to the shed.

We brought the doors to the shed and piled them all up. Then, when we had started back, Lisa came up to me and handed me a paper. She told me I had dropped it. It turned out to be my promotion paper. It felt so good to be holding it finally. When my parents arrived, I ran out to their car to show them what I had received.



Parent Weekend went by and I enjoyed myself a lot. Then the whole next week went by so slow. I had almost forgotten about my last life skill, first aid. Luckily, Darren did first aid with a bunch of boys and me. Then he decided to sign it off for me. The next time I saw Lisa, I informed her that I had finished my first aid. She responded by telling me to go and pack my bags. I ran into the lodge and went into the overflow room to gather my belongings. Once I had gotten my things together, I went outside and walked up to Greg, who was on impact watch. He told me to start heading up the trail. I said my last words to Frye ("Goodbye humus wraps"), and I set off up the graduation trail.

It was hard going with my heavy bag and there were trees I had to climb over. When I started to see the clearing in front of me, it finally felt real. I saw all of

the other farmhouse kids standing on the porch, cheering me on. I climbed under the fence and Kevin greeted me. He took my bag and told me that he would be my mentor. I went inside and put that green shirt on for the first time. It felt great.

That first night I enjoyed the juice, the chicken and the amazing brownies. I will never forget the feelings of getting my papers, packing my bags, walking up the graduation trail, and putting on my green shirt.



Staff of the Month Steph!

Matt: How long have you been working here?

Steph: About four months.

By Matt

Matt: What's your favorite part about working here?

Steph: Meeting different kids and getting to know them.

Matt: Who's your favorite Ironwood resident?

Steph: I'm not telling.

Matt: How's your horse Monty*?

Steph: Feeling the full moon.

Matt: What do you do in your spare time?

Steph: I love watching Michigan State football.

Matt: What's your advice for new impacters?

Steph: It might feel like it's the end of the road, but it's a new beginning.

Matt: Who's your favorite Ironwood animal?

Steph: Theo.

Matt: What's your most embarrassing moment at Ironwood?

Steph: The day I came in with two different sneakers.

Matt: What's your favorite activity at Ironwood?

Steph: Helping the kids to work with the horses.

Matt: What's your funniest moment at Ironwood?

Steph: When Kevin was nodding off in Glen's Native American Studies and I told him to tell Glen that his voice was so soothing that it was putting him to sleep.



New Staff Caitlin!

By Ali

Ali: How do you like Ironwood so far?

Caitlin: I like it very much.

Ali: How long have you been working here?

Caitlin: Like 2 and a half months.

Ali: Why do you live in Maine?

Caitlin: I originally liked the snow, ocean, and the slow way of life.

Ali: Was it hard to learn all of the Farmhouse rules?

Caitlin: Yeah! Definitely. Im still working on it.

Ali: Do you have any hobbies?

Caitlin: Yes. Sea kayaking, gardening, long walks on the beach, and anything outside.

Ali: How long have you been doing that?

Caitlin: Various times. Most 7-8 years because I used to live in Louisiana and most of those were not options.

Ali: Where are you from?

Caitlin:Louisianan, New Orleans.

Ali: What do you do in your free time?

Caitlin: Well most of my hobbies, and spend time with my husband.

Ali:Whats your favorite part about your job?

Caitlin:Seeing how far people come when you first meet them.

Ali:Soo... What's your favorite color?

Caitlin: Green.

Ali:Do you have anything else to say?

Caitlin:No that it. Good job, thanks.



Interview with Bob!

Harry: Hey Bob, how's it going?

Bob: Dandy.

By Harry

Harry: How long have you been cooking meals at Ironwood?

Bob: 2 years.

Harry: What do you enjoy most about it?

Bob: All of the residents' help and satisfaction.

Harry: How long have you had an interest in the culinary arts?

Bob: Since college.

Harry: What is your favorite meal to make and eat?

Bob: Steamed lobster.

Harry: Does cooking make you happy?

Bob: Oh yes.

Harry: What is your favorite dessert?

Bob: Overdone peanut butter cookies.

Harry: If you could be anywhere in the world with any meal you desire, and your favorite song playing, where would you be, what would you eat, and what would be playing?

Bob: At home, with my lobster chop suei and the soundtrack to On Golden Pond playing.



Resident of the Month Pat!

Alexis: How do you feel now that your peers picked you for Resident of the Month?

By Alexis

Pat: Very appreciated.

Alexis: What has been the most challenging thing you've had to do at the farmhouse?

Pat: Probably the chores. They're pretty hard.

Alexis: What advice would you give to the residents at Frye?

Pat: Just try your best and don't fake it.

Alexis: Do you feel like Ironwood has helped you? And if so, how?

Pat: Yeah, it has helped me to give up drugs and it has also helped me with my anger.

Alexis: What is your favorite memory so far?

Pat: My second day on impact, when Kent slipped and fell in the mud.

Alexis: When you were in orange, what was the hardest thing for you? And how has that changed now that you're green?

Pat: Compliance. Now I know what I have to do and that the people here are here to help me.

Alexis: If you could talk to a parent that was considering sending their child to Ironwood, what would you say?

Pat: It's a good program and it will help your child a lot.

Alexis: What's your least favorite Ironwood memory?

Pat: Going on impact for a week.

Alexis: Who and what is your favorite Ironwood animal?

Pat: Caz the horse, and Sparky the dog

Alexis: What do you like about the farmhouse that's different from Frye?

Pat: Definitely the field trips.

Alexis: How long have you been here?

Pat: Like, 205 days.



Advice from Kevin

Why is consistency so important at the farmhouse?

By Kevin



Kevin says:

Because staff wants to know that you can have a positive attitude and do what you need to do even when you aren't in the best mood for any reason.

How do you avoid doing an unsatisfactory cleaning job?



Kevin says:

Make sure you read your Farmhouse Cleaning Expectations and follow them. Also, you can ask a resident who has been here longer or a staff member how they think you did.

What's your best advice for residents struggling with accepting the program?



Kevin says:

That Ironwood can only help you if you are accepting and let them help you.

What advice would you give to someone that got sent back down to Frye from the Farmhouse?



Kevin says:

That it doesn't last too long and that it happens to the best of us. I've been back down to Frye five or six times myself.

Kent's Famous Waffles

By Kent



Size: 8 waffles

Note: Waffles are delicate, so remove carefully



Whisk together in a large bowl:

1 ½ cups sifted all-purpose flour

1 ⅓ cups sugar

½ cup unsweetened cocoa powder, sifted if lumpy

2 teaspoons baking soda

½ teaspoon salt

Whisk in a medium bowl until frothy:

2 large eggs

Whisk into medium bowl after eggs are frothy:

1 cup milk

¾ cup and two tablespoons vegetable oil

1 teaspoon vanilla extract

If you're nuts
throw some vanilla
ice cream on the side

Add the wet ingredients to the dry ingredients and combine with a few swift strokes of the whisk. Then cook like regular waffles.

Real Care Real Life

Here at the farmhouse there are different goal and life skills for level four. One of the life skills is for everyone to parent a fake baby for 5 days. Its not as easy as it sounds, though you have to change his diaper, feed and burp him, and treat him like a real child. The reason that Ironwood must do this is because they want to show adolescents that having a baby and having to take care of it is very difficult. One of the current peer leaders Mollie had the baby when she was in blue. I had an interview with her to se what she thought of it.

By Alycia

Q- What was the hardest part about having the baby?

A- Not always knowing what he needed and why he was crying.

Q- How often during the day did you have the baby?

A- All day except in school.

Q- What was his name?

A- Ron Wood.

Q- What did you learn from this experience?

A- That it's a lot more work than I thought to have a kid.

After talking with teens aren't ready to think they are!

Mollie I've realized that have kids even if they



Ethnic Nights

At the Farmhouse, Ethnic nights are a level three skill in which residents prepare dinner and educate everyone about the

By Justin



country of their choice. The residents present information, and assign topics to the other residents. Usually residents put up some decorations for creativity. Knowledge, creativity, presentation,

and taste are the four levels which the other residents and staff grade each other on. Ethnic nights are a great way for us to learn about the culture of other parts of the world. Caitlin says that ethnic nights “are very good when people put a lot of effort into them and we all learn things we didn’t know before.” Jesse is so overwhelmed with the awesome tastes that that he could not even make a comment.



Field Trips

One field trip the Farmhouse went on was to the corn maze.

By Ian

There, the residents all went on a hay ride. Also, they went through the maze. After a long day of petting goats and chickens they got some ice cream and hot chocolate on the way back to the house. Another trip the Farmhouse went on was to Acadia National Park. There they went to Sand Beach. They also went to Thunder hole and climbed the rocks. Last they all drove to the top of Cadillac Mountain. After a long day in Acadia National Park, they all went out for pizza to conclude a great day.



Animal Update

Things have been pretty quiet at the farmhouse lately. Well, with the exception of those radio calls saying that Theo has escaped again. Sunshine, our pet pot belly pig, is doing just fine. After the incident which left her immobile, she has moved up to the farmhouse in the barn. She has her own room, a heat lamp that keeps her warm during our cold weather and, all the cereal and milk her little heart could desire. She has started walking again and Marion has informed us that she will hopefully soon be joined by a friend, another miniature pot belly pig to keep her company! How exciting. Magic, the lovable black Labrador, was visited by Frances to have her paw looked at. Magic's right paw had been hurting her for days before that, every time someone would touch her paw she'd yelp! Frances removed a nail and said that Magic was a "sensitive dog" and that Magic will be fine. And, Magic is doing just dandy, while living the doggy dream here at the Farmhouse. Petunia the wire haired Jack Russell has been a bad mentor to Jack the barn manager's dog. They both chase the barn cats around and wreak havoc on those poor kitty cats. Drake, a brown Labrador owned by Frances, has joined the residents down at Frye. Breeze just gave birth to six healthy pups and she will be returning to Ironwood in the next week or so. We are all excited to welcome her back. As for the horses, they are all doing very well.

By Alex

Theo bit Frankie a couple days ago, but he is okay. That Theo is something else. He is quite the escape artist! He has found out that the bottom rope on the electric fence isn't on, so he always sneaks out or into another pasture with all of the other horses. I guess Tonka and Frankie just could not keep him entertained. The pony Justin has come back to Ironwood and he is doing just excellent. I have to say that Justin is my favorite! He is very docile and loving; he is a well-behaved horse. It seems to be that the barn cats may be getting a little more gregarious! Scaredy and Jupiter are around more often. Lauren, the calico and Pedro's sister, has been roaming around here at the farmhouse. Soon the cats from Frye should be taking up shelter in the barn to hide from the snow and cozy up with the horses and of course Theo!



Editor's Note

Hi, I'm Marissa. I'm fifteen years old, and I've been at Ironwood for about five months now. I'm currently a level four. What I love most about being at the farmhouse is being able to work with the horses. I really enjoy that. Also, I like being able to go on awesome field trips. Working on this *Treatment Times* was tough but totally worth it! I hope you enjoy it.

